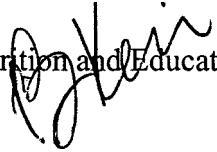




TEXAS DEPARTMENT OF HEALTH
AUSTIN, TEXAS
INTER-OFFICE MEMORANDUM

TO: Regional Directors
Directors, Local Health Departments
Directors, Independent WIC Local Agencies
Herman Horn, Chief, Bureau of Regional/Local Health Operations

FROM: Barbara Keir, Director
Division of Public Health Nutrition and Education
Bureau of Nutrition Services 

DATE: January 19, 2001

SUBJECT: New Nutrition Education Materials and Information

This memo describes new nutrition education materials. Please give this information to your Nutrition Education and Breastfeeding Coordinators.

Interactive pamphlets: The following revised pamphlets include interactive sections to get participants involved in the individual counseling session and help the counselor determine the participants' understanding.

- ***Help Your Child Have a Healthy Weight*, stock no. 13-75 (English) and 13-75A (Spanish)** replace *Watching Your Child's Weight*. The revised pamphlets include an easy to use format for counseling participants on the importance of a healthy weight for a child, healthy food choices, and a goal-setting page for the parent. Use form AG-30 to order additional copies. Please recycle copies of the old pamphlet as soon as you receive the new version.

- ***Prevent Anemia with Iron-Rich Foods*, stock no. 13-67 (English) and 13-67A (Spanish)** replace the pamphlet *Are You Anemic?* This colorful revision includes a list of iron-rich and vitamin C foods to help participants understand the importance of eating both as a way to prevent anemia. Use form AG-30 to order additional copies. Please recycle copies of the old pamphlet as soon as you receive the new version.

The ***WIC For You*** newsletter has been discontinued. This decision was made due to the high cost of printing and budget cuts at the State Agency. **In October 1998, Memo # 98-112, local agencies were informed that NE policy 04.2, Nutrition Education for Advance Issuance was deleted.** Federal regulations and state policy do not require nutrition education during advance issuance periods.

Attachments(4)

Remember these steps to help prevent anemia:

1. Eat iron-rich foods every day.
The beans, peanut butter and cereal WIC provides are good sources of iron.
2. Eat a good source of vitamin C along with iron-rich foods.
The juice WIC provides is an excellent source of vitamin C.
3. Follow your doctor's advice for taking iron pills.
4. Keep your WIC appointments.

This institution is an equal-opportunity provider.



Stock #13-67
Revised 07/00

Prevent Anemia



with
Iron-rich Foods

Para prevenir la anemia, siga estos consejos:

1. Consuma diariamente alimentos ricos en hierro. Los frijoles, la mantequilla de cacahuete y el cereal que el Programa WIC le provee son una buena fuente de hierro.
2. Consuma alimentos ricos en hierro junto con alimentos ricos en vitamina C. El jugo distribuido por el Programa WIC es una buena fuente de vitamina C.
3. Siga los consejos de su médico en cuanto al consumo de suplementos de hierro.
4. Asista a sus citas del Programa WIC.

Esta institución ofrece igualdad en las oportunidades de servicios para todos.



Stock #13-67A
Revised 07/00



Prevención de la anemia

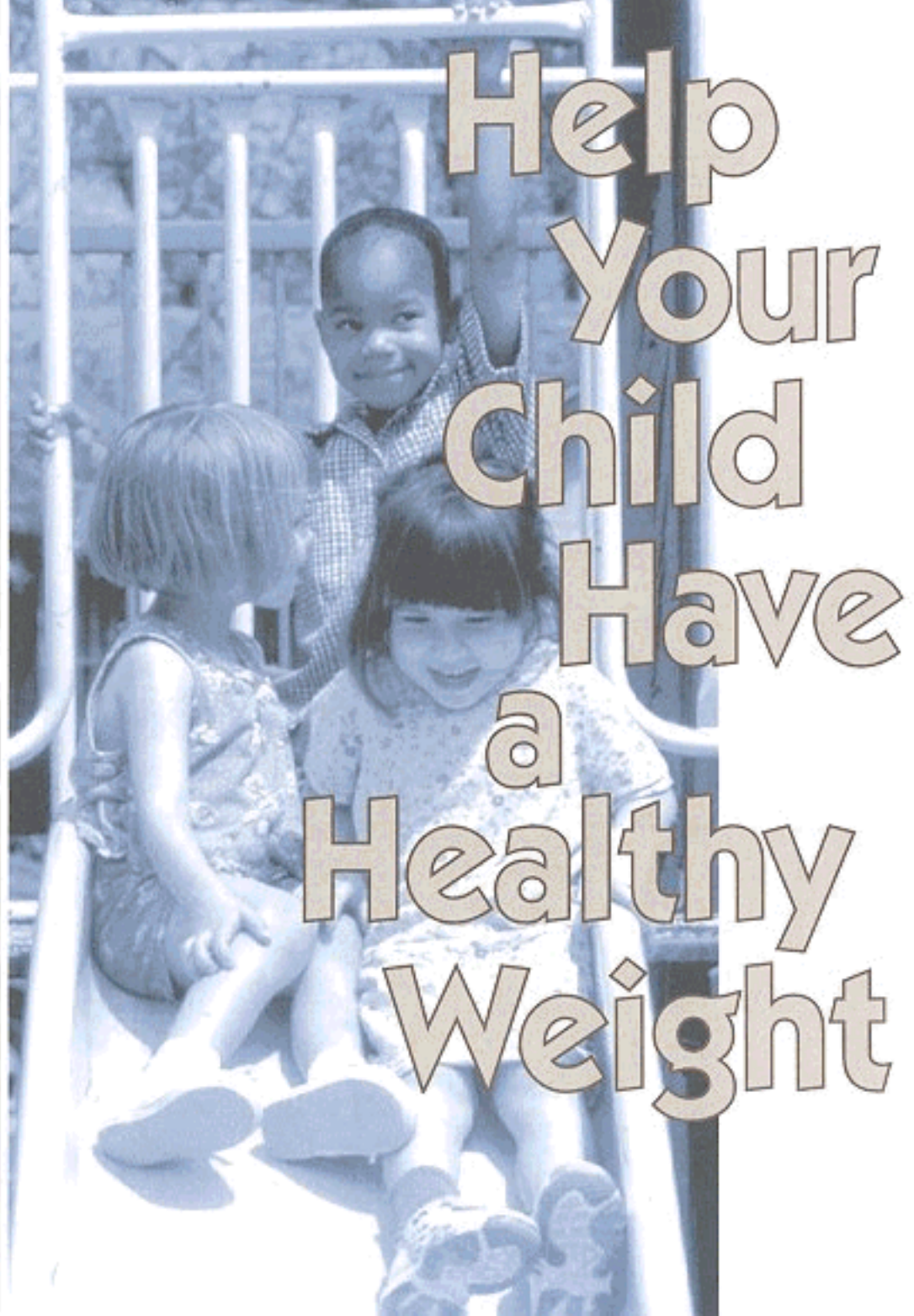


mediante
el consumo
de alimentos
ricos en hierro



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Help
Your
Child
Have
a
Healthy
Weight



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Ayude
a
su hijo
a
tener
un peso
saludable